



S. Nthamgeni

Challenges and mitigation strategies

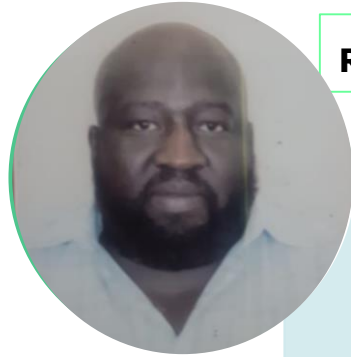
In tertiary institutions

Challenges:

- Cost of testing weighs heavily on all sporting codes
- Loss of revenue due to no spectatorship

Mitigation strategies:

- Alternative training platforms (zoom, WhatsApp)
- Introduction of e-sporting



K. Tlailane

Rugby training & nutrition

Requirements of a rugby player:

- High fitness levels
- Open to criticism, well mannered and good communication skills

Nutrition:

- Well balanced breakfast, lunch and dinner
- Controlled use of supplements (creatine)

Spot Law:

- Contract negotiations, tax laws, players' protection from social media scandals

How COVID-19 affected rugby:

- Liquidations, pay cuts, no revenue



S. Gola

Effects on amateur football (soccer)

Effects on ABC League:

- Up to 40% salary cuts on players
- Due to age cut off, some players won't be able to showcase their skills for consideration into other leagues by end 2020

Impact at LFA Level:

- Most impacted league
- Training facilities at schools closing down, leading to students not active, thereby engaging in substance abuse and more teenage pregnancies seen

Overall impact:

- Decreased football quality
- Lower fitness levels
- Lack of readiness into new (major) leagues